


Carolina Country



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SWEET SAVANNA

Cathy Hunter of Denton, a member of EnergyUnited, took this photo of her niece Savannah Leonard.

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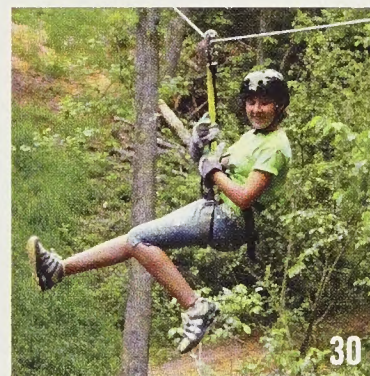
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ON THE COVER

At 106, Miss Cora had many stories to tell. Her grandparents were slaves and her parents were married at the end of the Civil War. She told me of her "courtin' days," her love of the Lord, and she sang hymns. She expressed much emotion through her eyes and hands. Miss Cora lived in Boone until her passing three weeks prior to her 107th birthday.

— Ashley Fetner, Asheboro



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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 850,000 homes, farms and businesses in North Carolina. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

We Share a Vision and a Mission

By Rep. G.K. Butterfield



Electric cooperatives are an invaluable asset to communities across the country. In places where larger energy companies lack the financial incentive to extend services, you are there to fill the gap between the "haves" and the "have-nots."

In the First District of North Carolina, which I have the honor of representing, electric cooperatives serve nearly 20 percent of residents, about 130,000 people. I appreciate the fine work you do in keeping our homes lit, warm in winter and cool in summer. As democratically-governed businesses, you are truly customer-driven and not profit-driven. I support and thank you for your investment.

We agree that the rising global temperatures due to greenhouse gas emissions is one of the most talked-about issues in America. Mounting scientific evidence necessitates a need for reform. Our children are depending upon us to address the causes of climate change, and that means reducing carbon emissions. Moving away from our fossil fuels addiction has never been more important.


Meantime, much of the technology we need to change the way we produce and deliver energy is still new. I know we depend upon a vast existing infrastructure to deliver our energy. I will insist that Congress recognizes the value of that infrastructure and avoids making changes that will depress business and harm consumers. We must try to avoid higher utility bills on top of higher gas and food prices. My Congressional district is the 15th poorest in the United States, and we simply cannot afford to be the load-bearing agent of any reform. Nor can the utilities be asked to shoulder the entire burden of this challenge.

If Congress places caps on carbon emissions from power plants, the lack of sufficient technology to help mitigate those emissions will raise your overhead substantially. There remains much work to be done on the technology—carbon sequestration, clean coal, and biomass—to make it available and affordable. At this point, the timeline for reducing

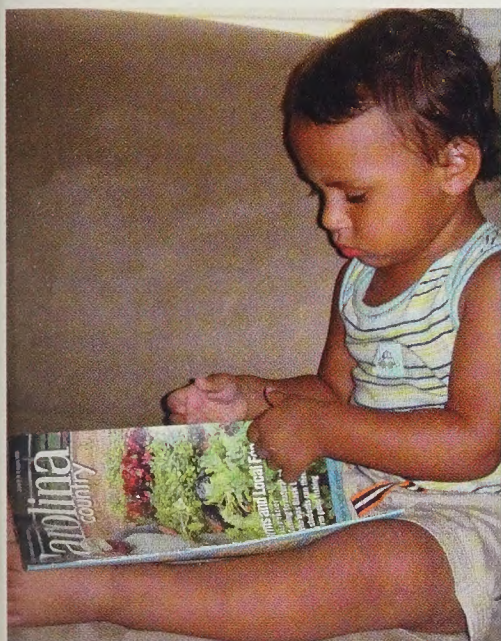
emissions does not realistically recognize the rate of technology development. Because of that incongruence, I believe a safety valve must be available to you as a responsible means of preparing for a murky future. It especially would serve to protect customers from bearing the burden of these measures.

In our efforts to lower emissions, nuclear energy must be central to the discussion. Nuclear energy already generates 50 percent of the power to North Carolina's electric cooperatives, but it can do more. As a highly efficient, zero-carbon emitter, nuclear energy easily fits the profile of a fuel source to move America to a more sustainable future. But there are barriers, including lingering public fear about the safety of nuclear power, questions of where to retire nuclear waste, and how to pay for these expensive facilities.

When the cost of reforming our energy system reaches the low-income residents I represent, we should be there to ensure that they are not swept away by the current of reform. I strongly believe that if any emissions policy generates government revenue, a portion of the proceeds must be earmarked for low-income energy assistance.

From ambitious emissions reductions to a greater need for technology, we will need unprecedented cooperation between lawmakers and industry. I am prepared and committed to helping cooperatives continue to carry out your mission. The people in my district, and many others throughout the country, would find energy inaccessible if it weren't for the work that you do. We will work for the same results, because we share the vision of a sustainable future. 

Excerpted from remarks that Congressman G. K. Butterfield delivered to North Carolina's electric cooperatives earlier this year. A Democrat from Wilson County, Rep. Butterfield represents 23 northeastern North Carolina counties. Among other assignments, he is vice chair of the Subcommittee on Energy and Air Quality of the House Energy and Commerce Committee.



Good, this is the August issue

My husband Donnie and I look forward to getting our Carolina Country magazine each month. I am a stay-at-home mother of our 18-month-old little boy named Adrien. When we got our new issue in the mail this month, Adrien grabbed the magazine, sat down and started "reading" it as if he knew what the words said. Here is the next generation of Carolina Country readers!

*Rose Marie White, Greenville,
Edgecombe-Martin County EMC*

Helping the House That Love Built

On behalf of the Ronald McDonald House of Eastern North Carolina, I want to thank the electric cooperatives for your commitment to the Touchstone Energy Open golf tournament. You have been a most gracious sponsor over the past five years. Without your sponsorship we would not have been able to have this wonderful golf tournament.

The tournament has been great for community awareness and support of the Ronald McDonald House. I believe one of the most significant contributions was in establishing a volunteer coordinator position that we have never before needed. Since we started the tournament, community interest has increased to such a level that we now have over 100 volunteers who have contributed their time to the house just in the past year.

Over the past five years the tournament has raised just over \$100,000 for the house. This financial assistance, along with the many in-kind contributions you have given, has meant so much to us. While we will not be holding the tournament at Brook Valley next year, we are exploring other community events that will take us beyond Pitt County and into all of eastern North Carolina. Thank you for being a part of the "House That Love Built."

*Cal Christian, president,
Ronald McDonald House board of directors*

A true superhero story

Our family lived on a big farm in Chowan County. The farm path ran a long distance from the main road. When I was about 6 years old, my mother told me to go to the mail box. I went, and on my way back to the house I had to pass a herd of cattle that were feeding in the field. I was amazed to see this bull come running toward me. There was a big ditch beside the path. I ran until I got to the end of the ditch, then I ran across the field. The bull got so close to me I could hear him breathing. Suddenly my dad was there on the mule and picked me up. Boy, was I glad my dad saw me in danger. I am now 81 and still farming.

*George Copeland, Windsor,
Roanoke Electric Cooperative*

Disturbed and saddened

I am a Southern girl and can relate to many of the stories in Carolina Country. When I came to the stories entitled "If We Ran the School" [August 2008], I had the notion that they would be funny stories that children had written.

But I was very disturbed and saddened by what our children of the Carolinas had to say. Many people not of the South look down on us, calling us racist, dumb Southerners, rednecks and so on. If they read this article, their minds would not change. The children's writing was not only poor, but what they had to say was worse.

Do children in our society today think only about fast food, watching

TV, and playing video games? One child even wanted to add smoke breaks between classes. I was simply appalled. A few of the children wrote that they wanted to be respected and not yelled at, or that they wanted to eat healthy food and have a bug-free and mice-free school. Was this article supposed to be lighthearted or simply open our eyes to what our children are thinking?

We have a real crisis here. Our children need to be educated, not have babysitters. Our schools need to provide a safe, smoke-free, healthy and clean environment where children are challenged and respected.

*Christy Steward, Waxhaw,
Union Power Cooperative*



Where's dessert?

When I took this picture, I immediately thought of all of the benefits of living in rural North Carolina. The turtle seems to be saying, "Well, hey, I will just have my own picnic right here."

Sue Jarvis, Tobaccoville, Surry-Yadkin EMC

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WHERE IN CAROLINA COUNTRY IS THIS? →



August winner:

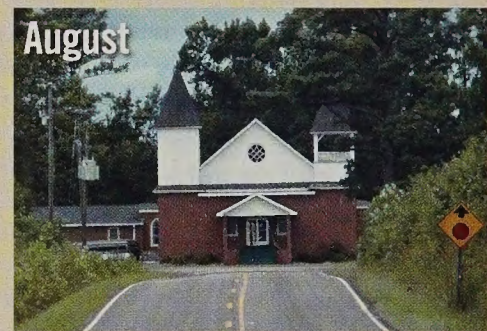
The August picture showed the Ashland Missionary Baptist Church on Hwy. 45 near Merry Hill, Bertie County, in Roanoke Electric Cooperative territory. The correct answers were numbered, and the \$25 winner chosen at random was Gail Bond of Merry Hill, a member of Roanoke Electric Cooperative.

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by September 8 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
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The winner, chosen at random and announced in our October issue, will receive \$25.



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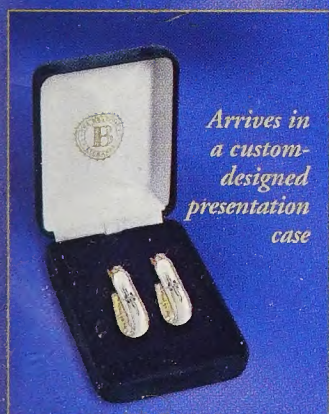
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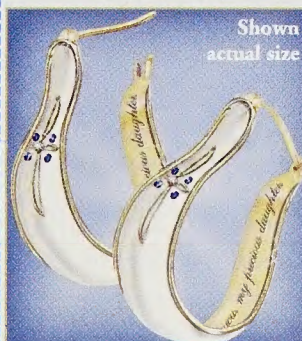
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Can a school bus make kids smarter?

By Patricia Staino

An entire school year has passed since the Hybrid Electric School Bus Project delivered the first plug-in hybrid electric buses to school districts around the country, and the program has already graduated to the next level of performance thanks to the efforts of Raleigh-based Advanced Energy.



Advanced Energy, a non-profit research agency that includes North Carolina's electric cooperatives as members, initiated a buyer's consortium of school districts, state energy agencies and student transportation providers to facilitate the project. Advanced Energy over the past year has monitored the performances of the 19 buses in 11 states, working with the bus and hybrid drive manufacturers to tweak the design for improvements. "The second bus that was delivered was not the same as the first," said Ewan Pritchard, hybrid program manager at Advanced Energy. "Every time a new round of buses is delivered, changes are made based on that feedback."

Recent dynamometer tests have shown that the plug-in hybrid buses currently on the road can improve fuel efficiency by more than 70 percent, reduce CO2 emissions by 40 percent and reduce particulate matter by more than 30 percent compared to standard diesel-powered school buses. Pritchard is looking to push those results further.

North Carolina received the second and third buses manufactured, one in Mecklenberg County and the other in Wake. The buses reduce operating costs

through lower fuel consumption and brake maintenance. They also improve air quality by reducing diesel particulates and emissions and help move communities toward greater energy independence and security by displacing petroleum fuel with electricity.

Many school districts around the country are reallocating budgets to pay rising fuel costs, and in some cases the extra dollars are coming from funds that would increase teachers' salaries. "Once you start tying the quality of education to the price of fuel, that's a big concern," said Pritchard. "It causes me to redouble my efforts. This is a bigger issue than I ever thought, beyond energy and the environment. It's now gotten to the quality of our kids' education, and that's a very near-term, serious problem."

The electricity equivalent to a gallon of fuel costs about 60 cents, so there's no doubt plug-in hybrid electric buses make sense when compared to the average of \$4.50 per gallon for diesel fuel. Already, the purchase price of the hybrid buses has decreased, and as more are sold, it could allow for payback in six years, possibly three years if fuel costs continue to climb.

Buy tax-free energy-efficient appliances in November



Consumers can save on the purchase price of certain energy-efficient Energy Star appliances

during a North Carolina sales-tax-free weekend in November. State government has declared the weekend of Friday, Nov. 7 through Sunday, Nov. 9, a tax holiday Energy Star weekend. Qualified products are exempt from all

North Carolina and local sales and use taxes if sold between 12:01 a.m. Nov. 7 through 11:59 p.m. Nov. 9.

Energy Star qualified products are those that meet the energy-efficiency guidelines set by the U.S. Environmental Protection Agency and the U.S. Department of Energy and are authorized to carry the Energy Star label. Only the following Energy Star products will be exempt from tax:

Harkers Island wind energy

In an effort to help its members make an informed decision about residential wind power, Carteret-Craven Electric Cooperative will share data it is collecting from a residential wind turbine installed last year at a waterfront home on Harkers Island. The Skystream 3.7 turbine is about 50 feet tall and virtually free of wind obstructions from the south across the water. The wind quality from all other directions, however, is lessened because of trees and buildings in the wind's path. The turbine has its own load-recording meter installed by the cooperative to collect data on how often and how much electricity it is generating. To access the meter data, go to www.carteretcravenelectric.coop.



clothes washers, freezers, refrigerators, central air conditioners, room air conditioners, air-source heat pumps, geothermal heat pumps, ceiling fans, dehumidifiers and programmable thermostats. The exemption does not apply to rentals of qualified products or to sales of qualified products for use in a trade or business, including sales to contractors of products that will be installed in buildings or structures.

Try This!



House Speaker Joe Hackney of Orange County discussed state government issues with delegates from North Carolina's electric cooperatives during a conference in Raleigh earlier this year.

Taking care of business in Raleigh

More than 150 board members and employees from North Carolina's electric cooperatives met with members of the North Carolina General Assembly during the annual "Rally in Raleigh" in June.

Among the issues raised was last year's Electric Service Territory Bill and how it has helped cooperatives deal with territory disputes when a municipality that runs an electric utility annexes areas that had been designated electric cooperative service areas. Since the bill's adoption, at least 10 new territory arrangements have been reached between cooperatives and municipal utilities with a select few moving on to the next step in the process: resolution by the North Carolina Utilities Commission.

Legislators were also updated on how cooperatives are responding to the 2007 Renewable Energy Portfolio Standard act. Legislators heard how electric cooperatives formed a new not-for-profit cooperative, GreenCo Solutions, to focus on energy efficiency initiatives, finding renewable resources and helping meet renewable energy production mandates.

The electric cooperative delegates also suggested balancing renewable energy and energy efficiency programs with the need for additional base load generation from traditional fuel sources emphasizing clean coal and nuclear energy. It is likely the assembly will consider imposing additional renewable energy mandates in 2009, when the session begins in January.

Q: I have purchased a street-legal, all-electric golf cart, and everyone loves it. Here is a picture of it. It has a 50-mile range, a maximum speed of 25 miles per hour, and is legal on all North Carolina roads posted at 35 mph or less. For those who live near downtown as we do, this is the perfect second car, and the cost of electricity is

about 1 percent that of gasoline. We use this to go grocery shopping, to work, school, dining, library, downtown, restaurants, etc.

Can you let other members know about these?

Craig Melby, Brevard, Haywood EMC



Electric golf cars must be licensed, tagged and inspected in order to be used on public roads in North Carolina.

A: Electric golf cars must be licensed, tagged and inspected in order to be used on public roads in North Carolina. They are commonly seen in beach communities where they are used to transport families and beach paraphernalia to and from inland cottages to beach accesses, or in other low-traffic residential complexes. A standard model uses a 48-volt battery. They are priced from \$5,000 to \$8,000.

The Golf Car Outlet in southeastern North Carolina sells a variety of "neighborhood electric vehicles" that are street-legal on North Carolina roads posted at 35 mph or less. Theirs are made from Club Car aluminum frames. Contact information is Golf Cart Outlet, 6004 Market St., Wilmington, NC 28405. Phone: (910) 790-2030. E-mail: golfcartoutlet@atmc.net. Web: www.golfcartoutlet.com. There are locations in Sunset Beach at (910) 579-8070 and in Southport at (910) 457-4494.

Bills Golf Carts & Street Legal Cars is a well-known manufacturer and sales outlet in Goldsboro. Bill Minchew has over 13 years experience in the business. They are at 3183 US Highway 70 W, Goldsboro, NC 27534. Phone: (919) 736-2314. E-mail: info@billsgolfcarts.com. Web: www.billsgolfcarts.com.

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Our Energy, Our Future
A Dialogue With America

How much will you pay for electricity?

As Congress increasingly focuses on U.S. energy policy, legislation likely will be introduced that will affect how much you pay for electricity.

Electric cooperatives nationwide have been asking elected officials to make sure electricity remains affordable. You can help by asking your elected representatives to answer key questions about emerging energy policy.

Go to this Web site to ask the questions: www.ourenergy.coop.



HOW MUCH CAN WE PAY?

Utilities, consumers and public officials are looking hard at the supply, demand and cost of electric power

By Jennifer Taylor

In Mecklenburg County, Va., Helen Mull, a retired senior citizen, worries about increasing costs of food and fuel. "Some months," she admits, "if I didn't have a little bit of money in reserve, I wouldn't be able to pay all of my bills."

Last month her entire Social Security check—totaling \$1,000 a month—went to pay county taxes and home insurance. And it isn't just those living on fixed or lower incomes feeling the pinch. From the grocery store register to the gas pump, most folks are being squeezed by increasing prices.

Escalating costs for fuel, including coal and natural gas, and power plant construction materials like steel, concrete and copper, are pressuring electric cooperatives as well. Co-ops remain committed to providing safe, affordable and reliable electric power. But as prices for the basics continue to rise, affordability will be at risk if elected officials don't advocate for sound solutions that protect consumers.

"This is the biggest consumer challenge electric cooperatives have faced since the inception of the rural electrification program," says Glenn English, CEO of the National Rural Electric Cooperative Association (NRECA). "And all of this is happening before the implementation of any climate change policy. Curbing greenhouse gas emissions from power plants while ensuring that our nation's power needs are met must include a blend of energy efficiency programs, advanced clean coal, nuclear, natural gas and renewable generation sources."

Across the country, electric co-ops are stepping up to the challenge to keep electricity affordable in the face of what has become an industry-wide "perfect storm."

"Co-ops are on the cutting edge when it comes to testing and deploying new technologies, such as carbon capture and storage, plug-in hybrid electric vehicles, and advanced

Renewable generation sources are good assets and help address climate change. But too much focus on them short-changes attention from how we're going to address the greater generation capacity crunch facing the country.

John Holt, National Rural Electric Cooperative Assn.

meter reading devices," notes John Holt, NRECA senior principal for generation and fuel. "Electric cooperatives are also recognized industry leaders in promoting energy efficiency to help consumer-members reduce electricity consumption and save money."

Big challenges

But there is no simple, single solution to tackling our nation's energy challenge. For example, to fully utilize the potential of renewable energy, utilities would have to build at least 30,000 miles of high-voltage transmission lines to move energy generated at remote wind farms and other facilities to urban load centers.

Siting and erecting transmission towers has long been a struggle, explains Revis James, director of the Energy Assessment Center at the Electric Power Research Institute (EPRI), a Palo Alto, Calif.-based non-profit consortium whose members include electric co-ops. "The planning and permitting approval process takes several years," James says. "We must address concerns from citizen groups to environmentalist groups, but the majority of time in the approval process is required to secure approvals from federal, state and local governments."

"While renewable generation sources are good assets and help address climate change," suggests NRECA's Holt, "too much focus on them short-changes attention from how we're going to address the greater generation capacity crunch facing the country."

According to the North American Electric Reliability Corporation (NERC), which oversees the reliability of the bulk power grid covering the United States, electricity use nationwide will grow more than twice as fast as committed power generation resources over the next 10 years. Unless additional power plants are brought into service quickly, NERC predicts that many parts of the country could fall below targeted capacity margins within two or three years, setting the stage for frequent brownouts and blackouts.

Nearly half of electricity generation in our nation comes from coal-fired power plants. But mounting pressures to lower greenhouse gas emissions have made it more difficult and costly to build these facilities. As a result, natural gas has become the "bridge" fuel of choice for keeping the lights on, at least until new low-emissions technologies are developed on a large scale.

Natural gas plants are usually smaller than coal-fired or nuclear plants. They can be built faster and typically face less public opposition than other power generation options, making them a convenient alternative. But natural gas also has its drawbacks.

The price of natural gas has tripled since 2002 and jumped 93 percent since August 2007. Price fluctuations combined with limited domestic reserves and a greater reliance on imports make natural gas highly volatile. As more natural gas is used for electricity, electric bills are likely to increase as well. ☺

Sources: National Rural Electric Cooperative Association, Electric Power Research Institute, North American Electric Reliability Corporation

Jennifer Taylor writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.

Ask Congress the tough questions

With so many variables at play, the future of safe, affordable, and reliable electricity will depend on public policy decisions made by elected officials. Will Congress adopt quick-fix legislation that drives electricity bills up so high people are forced to use less, or will it take a more long-term, sustainable path by investing in new technologies that provide long-term solutions to energy concerns?

To ensure that electric cooperatives can continue to meet consumer energy needs, co-ops across the country are engaged in a grassroots awareness campaign called "Our Energy, Our Future: A Dialogue With America." This campaign seeks to engage lawmakers on critical energy questions, such as how to balance growing electricity needs and environmental goals, and how much all of this will impact electric bills. Visit www.ourenergy.coop to get the conversation started.

Ground-source Heat Pumps

With superior efficiency, these systems draw from the earth's temperature underground to heat and cool interior spaces.

By Barbara Baird

They are called ground-source, geoexchange, earth-coupled, ground-water, ground-water assisted, ground-water-source or water-to-water. But don't let the variety of names pertaining to geothermal systems confuse you because it's all the same idea. It's all about using an environmentally friendly, efficient type of heat pump to acquire the earth's energy and transfer it into your living and working spaces.

Why go ground-source?

People choose ground-source heat pumps (GSHPs) to save energy dollars. Other pluses include the environmentally friendly nature of the system—emitting no pollutants onsite—along with a long warranty and quick and quiet delivery of hot or cool air. Since the compressor is installed inside the house and makes the same amount of noise as a refrigerator, there is no noisy outside unit to care for or disturb the peace and quiet.

Gary Heavin of Doolittle, Mo., says, "We have 3,600 square feet on one level and I can conservatively say that our ground-source heat pump has saved us \$200-\$250 per month or more."

His neighbor over in Rolla, Mo., Bill Franklin, has owned two houses with GSHPs in the past 16 years and wouldn't be without one. He says, "The reasons I like ground-source heat pumps are because there aren't a lot of maintenance expenses and my utility bills, on a building of 8,000 square feet maintaining 68 to 70 degrees, run about \$212 per month on average."

How does it work?

The earth stores 47 percent of the energy it receives from the sun. A ground-source heat pump uses this heat as its exchange medium, as opposed to extracting heat from the outside air that standard air-to-air heating/cooling systems use.

Ground-source heat pumps can be fashioned with closed loops or open loops—depending on the amount of land available, water supply and types of soil and rock at the site.

The loops, made of polyethylene piping (the same type used for cross-country natural gas lines), do not easily degrade or corrode and can be expected to last for 50 years or more. The loops can be installed vertically, horizontally or in a pond or lake.

In the winter, the fluid traps the heat from the earth and transports the heat into a building. In the summer, the system reverses and pulls heat from the building and deposits the heat in the ground.

Another advantage to using a ground-source heat pump is that most can be designed with a device—called a desuperheater—that

heats water. The desuperheater works best in the summer when excess heat taken from the building is circulated through the water heater before being taken outside.

According to the Environmental Protection Agency, GSHPs generate no onsite emissions and **have the lowest emissions among all heating and cooling technologies.**

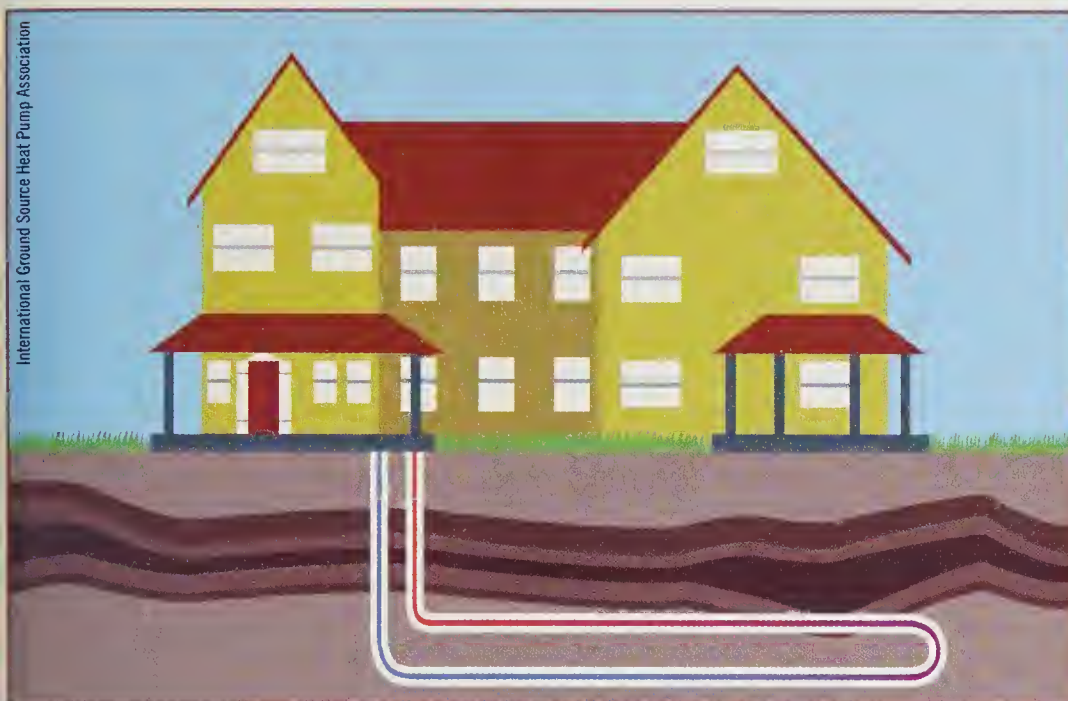
Most homeowners with GSHPs report their water heaters rarely run in the summer months.

Closed loop systems

The closed loop system is the standard in the industry and comes in horizontal, vertical and slinky coil configurations. In all cases, a loop of piping gets buried. Then either water or antifreeze solution is placed into the pipes and circulated. The most common solutions are propylene glycol, a non-toxic fluid used in food-processing refrigeration, and methanol, similar to antifreeze solution such as found in windshield washer liquids.

A horizontal geothermal ground loop system is the preferred method for good soil or clay in mild climates. Heavy equipment must first dig a 400- to 600-foot-long trench, 5 to 6 feet deep, depending on how many tons of heating/cooling is needed onsite.

A vertical geothermal ground loop system works in extreme climates or where there's rocky terrain or limited ground space. A rig drills holes ranging from 150 to



How it works

The diagram shows conventional, horizontal closed-loop ground-source heat pump piping. Fluid in the pipe draws warm air stored in the earth and transports it to help heat the house in winter. In summer, the fluid draws warm air from inside the house and deposits it underground, sending cooling temperatures back into the house. The exchange equipment is located indoors.

300 feet deep. Then hairpin shaped loops get dropped into each hole and grouted into place. An average vertical ground loop needs 300 to 600 feet of piping per ton of heating/cooling. This system is more expensive than the horizontal system, but typically cheaper than drilling for water. It requires less piping than a horizontal system because it uses the earth's temperature at depth more than the horizontal system does.

Slinky coil geothermal ground loops use overlapped loops of piping laid horizontally in the bottom of a long trench. Typically these trenches measure from one-third to two-thirds shorter in overall length than their traditional horizontal cousins.

Geothermal pond loops require at least a half acre by 8-foot-deep pond or lake. Coils of pipe are placed in the bottom of the water and a horizontal trench is dug to transfer the loop to the building.


Open loop system

Fresh water from a well or pond runs through the piping of an open loop system, so it requires clean water and a runoff area. Double well designs can work fine. The use of this type of system is not allowed in some areas because of water quality and runoff issues. These systems are also referred to as "pump and dump" systems.

What's the cost comparison?
Installing a ground-source heat pump

is expensive—from \$10,000 to \$18,000, almost twice what it costs for a conventional air-source electric heat pump. People get them because of the energy savings over a long term, from 5 to 10 years (longer if energy prices continue to rise). A system's life is estimated at 25 years for the inside components and 50-plus years for the ground loop.

Where to find contractors

The contractor should be certified by the International Ground Source Heat Pump Association (IGSHPA) and should have references from satisfied customers. Check the association's Web site at: www.igshpa.okstate.edu. 

Missouri-based Barbara Baird is a contributor to Rural Missouri magazine.

A Haywood County residence

When he built his house in Haywood County three years ago, Ken Thomas installed an open loop geothermal heat pump system with pipes running from his water well to a pressure tank, then through the house and ending in a creek on his 3-acre property. He had determined that his 290-foot well could deliver 40 gallons per minute, which more than twice what you'd typically need for such a system. He heats and cools his 2,100-square-foot house for between \$60 and \$80 per month, using a programmable thermostat. He keeps the place at 72 degrees in winter and 68 in summer, and he has no auxiliary heating system. Summer cooling costs less than winter heating in this mountain country. The water in his system maintains a year-round temperature of about 52 degrees.

"I am amazed at the savings," says Ken, who is the marketing and communications manager at Haywood Electric Membership Corp. He estimates he's paying about 65 percent less than he was in his previous house built in 1979 with an air-source heat pump.

A Randolph County office building

Randolph Electric Membership Corp., the cooperative based in Asheboro, incorporated a ground-source heat pump system into its 21,060 square-foot contemporary office building when it was built in 1995. And 13 years later, the system still works like a charm, has required very little maintenance, and has saved the cooperative in energy costs.

A good example of a commercial-sized system, Randolph EMC installed 17 water-source heat pumps working from 80 grouted wells. It is a closed-loop system, with piping running horizontally in a field five feet underneath a parking lot. The pipes circulate water that maintains a year-round temperature of 68 degrees, effectively preheating the building internal space so the heat pump equipment does not have to work hard to get the space cooled in summer and warmed in winter. Unlike conventional air-source heat pumps, the ground-source equipment is housed indoors, increasing its life.

Joe Millkan, owner of Superior Mechanical Inc. of Randleman, was involved in the system's installation and has maintained it. "It has been pretty much maintenance-free," he said.

—Michael E.C. Gery

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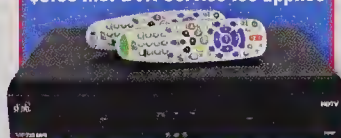
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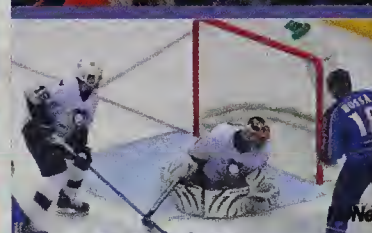
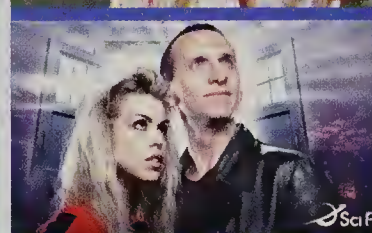
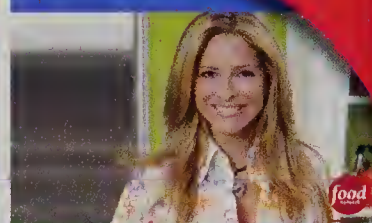
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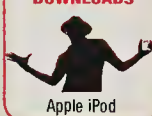
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Carolina Country Scenes

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MISTY MORNING GLIDE

(previous page) My brother Stephen pauses to admire the view during an early morning canoe ride on our pond.

Rebecca Yarbrough, Mocksville, EnergyUnited

THE JOURNEY BEGINS

Childhood comes to an end ... and the journey begins. I couldn't be more proud as my daughter Katie King graduated from Leesville Road High School this past June.

Gerry Sheriff, Raleigh, Wake Electric

LUCKY TO BE TWO

I do not see much affection these days between my oldest son Tyler, 12, and my youngest Trent, 5. However, one day while visiting the Pisgah covered bridge I was able to capture this moment—my older son grabbing ahold of my younger son's hand and explaining to him about covered bridges and how people rode horses because there were no cars way back then. Growing up with no brothers or sisters myself, I realized how truly lucky they are to have one another. They teach our family a lot about life's lessons—to love, to share, to laugh and to forgive. They have also brought a little mischief into my life—and I could not imagine life without it now!

Jacklyn Sink, Lexington, EnergyUnited

DEEP RIVER

This photo is of one of my favorites places: Deep River.

Courtney Wicker, Gulf

CHEERFUL WELCOME

These colorful homes are located in Atlantic Beach—a cheerful welcome to anyone who visits the area.

Annie Chisenhall, Newport

Thanks to everyone who sent pictures for this year's collection of your favorite photos. We wish we had space to publish more of them. See more photos at our Web site www.carolinacountry.com. Next month we'll publish your stories on which celebrity would make the best president.



[Deadline was Aug. 15.] For more themes and rules in our "Nothing Could Be Finer" series, see page 19.

THE PHOTO I DIDN'T WANT TO TAKE

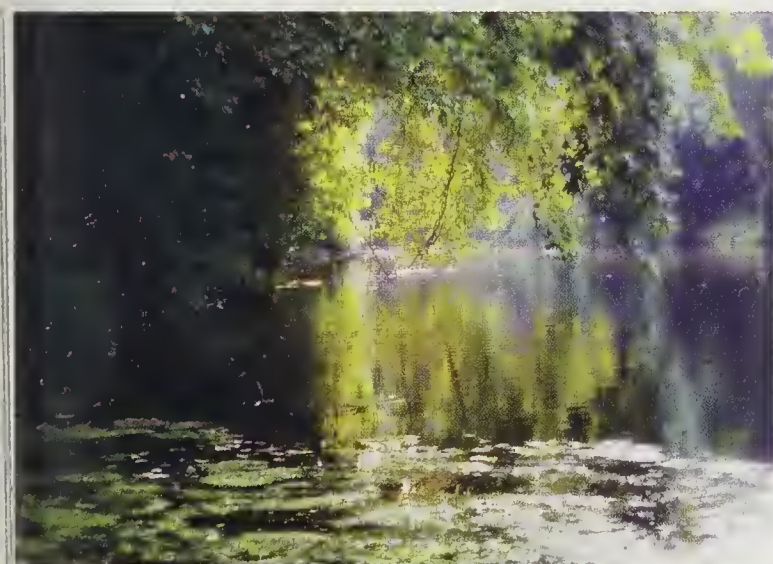
My favorite photo is of my 2-year-old daughter, Bethany. My wife and I decided to go to Myrtle Beach during Easter Break. We intended to spend lots of time in the water and take pictures of Bethany. The weather did not cooperate and it was cool and windy (thus the hat). I was trying to get her to look at me and smile but the waves had her attention. I gave up and took the picture anyway, and my heart filled with joy as I looked at it on the computer. The picture that I didn't want to take turned out to be my favorite picture of my baby girl!

Timothy Jacobs, Lumberton

FATIGUED FELINE

Gardenia, one of my cats, decided to spend the lazy, hazy days of summer perched in her favorite oak tree. Sometimes she even spends the night there.

Roger Sanders, Troy





FRAZIER FIRS
AND FALL FOLIAGE

I have always found the neat rows of frazier firs at the Christmas tree farms scattered throughout the North Carolina mountains to be particularly photogenic subjects. This farm really “popped” with the red barn and the fall foliage. It is taken in either Ashe or Watauga County.

Becky Yost, Durham, Piedmont EMC

TRACTORS HAUL DRUM

Locals of Carteret County (Beaufort), my husband and I love to go fishing and spend time on Atlantic Beach. We just happened to be there on the day that some folks from Salter Path were fishing for the last time of the season. Incredible to see the tractors with their miles of net, hauling in their catch to shore. Along with the pictures I took, we went home with some drum (red fish) for supper.

Jo Brazie, Beaufort
Carteret-Craven Electric Cooperative

STELLAR SUNSET

This is the sunset on the Chowan River. It took my breath away.

Tara Perkins, Tyner

OLD HOMEPLACE

This is an old homeplace in Casar that I love to photograph throughout the year, but especially in the early spring.

Sara McNeilly, Casar

WATER BALLOON FOOTBALL

With the warm temps in May, we decided to play water balloon football at our house in Denton. My best friend’s daughter Caroline got the brunt of the water balloon’s spray in her face.

Tinah Price, Denton, EnergyUnited

CAROLINA BIRD,
CAROLINA BLUE SKY

I was watching my bird feeder one day and I saw this beautiful male cardinal fly in. He was quarreling with one of the other cardinals so he had his crest up, and I quickly snapped this picture of our state bird set against a Carolina blue sky. 📷

Todd Elliott, Union Mills, Rutherford EMC



send us your best **EARN \$50**

Here are the themes in our “Nothing Could Be Finer” series. Send us your stories and pictures about these themes. If yours is chosen for publication, we’ll send you \$50. You don’t have to be the best writer. Just tell it from your heart.

November 2008

The Techno Whiz
Your craziest experience with home electronics.

Deadline: September 15

December 2008

Holiday Recipes
Recipes for your favorite holiday meals.

Deadline: October 15

January 2009

The Dumbest Investment I Ever Made
Financial or otherwise, don’t be shy. We all do it.

Deadline: November 15

The Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos should be a minimum of 1200 by 800 pixels.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
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Cupola House

In recent times, American communities have rallied behind one of their historic landmarks in order to keep alive the heritage of both the landmark and the community. Such efforts have become common as America's historic places fall victim to more contemporary economic development.

Citizens in the town of Edenton, the cradle of the North Carolina's civilization, began what was probably the earliest landmark preservation project in the state. In March 1918, the Cupola House Association formed in the law offices of W.H. Pruden. Members were adamant about preserving what they felt was a fine example of North Carolina's architectural history. Later this month, Edenton will host the 250th anniversary of its beloved Cupola House.

The house was built overlooking Edenton Bay in 1758 by Francis Corbin to serve as a residence for John Carteret, son of the last of the land-holding Lords Proprietors of the Carolinas. Reflecting a style of wealth in the American colonies, it is sometimes considered the best example of Jacobean architecture in the South, with its "unusual and ornate and intricate wainscotings" and its "elaborate fireplace mantels, a barrel back dining room and carved stair handrails."

In 1767, a prominent local man, Dr. Samuel Dickinson, bought the house. His descendants maintained the place for more than 141 years. The family fell on hard times, gradually sold off real estate and furnishings, and had trouble keeping up the grounds. In 1918, when an heir sold the first-floor woodwork to the Brooklyn Museum of Art, Edenton citizens formed the association to save the landmark.

For the next 45 years, the Cupola House served as a library and social center. In the 1960s, a concerted drive began to restore the building. The original property was purchased and the interior was gradually restored. In 1971 it was designated a National Historic Landmark.

For many years now the Cupola House and formal gardens have been a featured attraction in the town of Edenton. As a State Historic Site, Historic Edenton maintains other buildings and grounds that demonstrate the proud history of the place as one of the most influential ports in colonial America. A signer of the Declaration of Independence and a signer of the U.S. Constitution lived here. Edenton's women in 1774 staged a revolutionary "tea party" that reverberated throughout the colonies. 🇺🇸

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- A lecture and concert of colonial music
- A display and discussion of fine colonial furniture of the period
- Trolley tours to view 18th century homes of the area
- An architectural lecture on the colonial buildings in and around Edenton
- The Cupola House building and gardens will be opened for guided tours and lectures on its significance
- Lecture by Anne Peranteau, textile conservator; will discuss the Cupola House collection of dresses and textiles
- Gala dinner and auction

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Top: The Cupola House prior to restoration efforts. Above: The Cupola House today.

How much energy do TV sets use?

By Scott Gates



Streamlining your home's energy use can make a big impact on monthly electric bills, especially with fuel costs rising. But the devil is in the details, and everyday energy wasters are sometimes easy to overlook.

One ever-present culprit lurks in your home right now. When combined with DVD players and video game consoles, television use makes up about 10 percent of an average household's annual electricity bill, according to Energy Star, a joint program of the U.S. Environmental Protection Agency (EPA) and the U.S. Department of Energy.

Depending on the technology behind the TV you're watching, your monthly related energy costs can vary dramatically. Standard sets use a cathode ray tube, with those smaller than 40 inches drawing roughly 73 watts when on—close to what a 75-watt incandescent lightbulb uses. An average flat-screen LCD television of the same size also requires 70 watts, while a similar flat-screen plasma TV can really suck some power, consuming an average 246 watts when on.

With more families opting for flat screen TVs these days, the choice between LCD and plasma can really make an impact, to almost startling levels on a national scale.

Currently, there are more than 275 million TVs in use across the country, with the average household tuning in 4.7 hours a day. It takes more than 50 billion kilowatt-hours (kwh) a year to keep those sets on, according to EPA, meaning it costs Americans \$5.2 billion to watch all of that TV.

Of the total electricity generated in a single year, a full 1.2 percent goes toward keeping televisions glowing. And if current buying trends continue, that number could climb to nearly 2 percent in a few years, according to the Natural

Resources Defense Council, a New York City-based environmental advocacy group.


The good news is that energy-efficient TVs—LCD, plasma, and otherwise—are becoming available. This November, blue Energy Star labels will appear on all TVs that use less energy when turned on. Current Energy Star TV labels only indicate how efficient a set is when switched off, in standby mode.

“Energy Star’s new specifications for televisions are turning the channel on energy guzzling sets, making them go the way of rabbit-ears and black and white broadcasts,”

quips EPA Administrator Stephen Johnson.

Energy Star estimates that if all of the TVs sold in the United States meet the new requirements, energy savings could grow to \$1 billion a year. Related greenhouse gas emissions, meanwhile, would be reduced by the equivalent of

taking about 1 million cars off the road.

If you're not in the market for a new TV, you can still cut back on the electricity your old set uses by adjusting the picture settings. The brighter the screen, the more energy it needs. Also, the small stream of electricity a TV draws while in standby mode can be eliminated by unplugging it, or by plugging it into a power strip that can be switched off. 

Sources: U.S. Department of Energy, U.S. Energy Information Administration, Natural Resources Defense Council, U.S. Environmental Protection Agency, National Rural Electric Cooperative Association

Scott Gates writes on technology and energy efficiency for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

It costs Americans
\$5.2 million
in energy costs to
watch TV for a year.

ELECTRICAL SAFETY TIPS FOR FALL

STORM SAFETY

Late summer and early fall often bring hurricanes, tornadoes and floods to much of North America. As a result, take precautions with your home's electrical system.

Keep in mind that debris from storms can easily ignite if it comes into contact with downed power lines, especially when electrical wires are severed. Also, standing water and even appliances can become electrically charged.

These tips should help keep you safe following storms this season:

General Electrical Safety

- Never touch a downed power line. Call your electric co-op to report it immediately. Avoid contact with overhead lines during cleanup and other activities. Assume all wires on the ground are electrically charged.
- Be sure all electric and gas services are turned off before entering buildings for the first time.
- If water has risen above the electrical outlets in your home, contact a licensed electrician before turning on your main circuit breaker. Outlets and wiring that have come in contact with water could present a fire and shock hazard.
- Allow all electrical appliances and electronic equipment, once submerged, to dry thoroughly. Have them checked by a qualified repair person before turning them on.

Generator Safety

- Portable electric generators are often put into use for temporary power. Be sure to follow the manufacturer's directions for installation and operation.
- Use generators or other fuel-powered machines outside the home. Carbon monoxide fumes are odorless and can quickly poison you indoors.
- Take special care not to overload the generator. Use appropriately sized extension cords to carry the electric load. Make sure the cords have a grounded, three-pronged plug and are in good condition.
- Never run cords under rugs or carpets.

Sources: U.S. Fire Administration, www.usfa.fema.gov; Consumer Product Safety Commission, www.cpsc.gov; Arkansas Cooperative Extension Service

OUTDOOR WORK SAFETY

Late summer and early fall often find many of us working outdoors before the weather turns cooler, but these outdoor chores require caution, especially around electricity. Faulty extension cords are a common source of injury, as are metal ladders coming into contact with overhead power lines.

Here are a few safety tips to follow when working outside:

Extension Cords and Power Tools

- Check power tools and electrical cords to make sure they are in good repair, and only use power tools outside that are designed for outdoor use.
- Extension cords should also be designed for outdoor use. They are thicker, more durable, and have features for preventing moisture damage.



Use fiberglass or wooden ladders when working around overhead wires or other electrical sources. Metal ladders conduct electricity and can kill anyone who is touching the ladder if it comes into contact with electricity.

- Use three-wire extension cords with three-pronged plugs.
- Check the amperage rating of the extension cord to make sure it's large enough to meet the power demand of the tool.
- Do not plug one extension cord into another. Use the proper length for the job.

Ladders

- Use fiberglass or wooden ladders when working around overhead wires or other electrical sources. Metal ladders conduct electricity and can kill anyone who is touching the ladder if it comes into contact with electricity.
- If you must use a metal ladder, carefully check the location of all overhead power lines to avoid contacting the wire or touching the ladder to something that touches the electrical source, such as a tree branch.
- Lower a ladder before carrying or moving it.
- Never work on a windy day, as a gust of wind could shift a ladder into an overhead power line.
- When placing a ladder on the ground, make sure the distance to the nearest overhead power line is at least twice the length of the ladder. Ⓢ

Sources: Consumer Product Safety Commission, www.cpsc.gov; Central Alabama Electric Cooperative, www.caec.com

When will we see plug-in hybrid electric cars?

Gasoline-electric hybrid cars, like Toyota's popular Prius, don't need to plug in—you just fill their tanks with gasoline and the battery keeps charged by the internal combustion engine and by energy generated from the wheels when braking (a feature known as “regenerative braking”). The battery then powers the electric motor when it is called into service during idling, backing-up, crawling in gridlock, maintaining speed while cruising, and for extra uphill power when needed. As such, the electric motor is essentially a back-up engine while the hybrid relies mainly on the gasoline engine.

Plug-in hybrids take the concept further by plugging into a regular electric outlet to enable the vehicle to operate its electric motor for ranges of 40–50 miles or more on a single charge. The gasoline engine is the supplemental one for when the car needs to travel farther.

According to researchers at the University of California Davis, the electricity cost for powering a plug-in hybrid is about one-quarter of the cost of powering a like-sized gasoline vehicle. Other benefits include far fewer fill-ups at gas stations and the convenience of recharging at home.

Toyota expects to have a commercially viable plug-in hybrid available to consumers as early as 2010. General Motors says that it will have mass-market plug-in hybrids—modifications of its Saturn Vue and Chevrolet Volt—on the road by 2010. Ford has also developed a small fleet of plug-ins, but is not yet ready to offer them to the public. Fisker, a U.S. start-up focusing on the creation of high performance, energy efficient vehicles, plans to sell an \$80,000 plug-in hybrid sports car by late 2009. Chinese carmaker BYD plans to sell a plug-in hybrid sedan in the U.S. within five years. And Volkswagen hopes to have a plug-in hybrid Golf ready to roll by 2010.

To learn more: California Cars Initiative, www.calcars.org; BYD, www.byd.com; General Motors, www.gm.com/experience/fuel_economy/news/2008/hybrids/plug_in_vue_011008.jsp; Fisker, <http://jalopnik.com/344419/detroit-auto-show-fisker-karma-luxury-hybrid-only-80000>.

How often should we change a car's oil?

The quick-lube chains usually recommend a car's oil be changed every three months or 3,000 miles, but many mechanics would tell you that such frequent changes are overkill. Indeed, most car owner's manuals recommend changing out the oil less frequently, usually after 5,000 or 7,500 miles.

According to the automotive website Edmunds.com, the answer depends more on driving patterns than anything else. Those who rarely drive more than 10 miles at a time (which doesn't get the oil hot enough to boil off moisture condensation) or who start their car frequently when the oil isn't hot (when most engine wear occurs) should change their oil more often—at least twice a year, even if that's every 1,000 miles, according to Edmunds. But commuters who drive more than 20 miles a day on mostly flat freeway can go as far as their owner's manual recommends, if not longer, between changes. As a car ages, more fre-



The electricity cost for powering a plug-in hybrid is about one-quarter of the cost of powering a like-sized gasoline vehicle. Pictured here: a regular Toyota hybrid Prius converted to a 100 miles-per-gallon (avg.) plug-in by the California Cars Initiative.

quent changes might be in order, but that's for a qualified mechanic to decide on a case-by-case basis.

“The necessity of 3,000 mile oil changes is a myth that has been handed down for decades,” writes Austin Davis, proprietor of the Web site TrustMyMechanic.com. He says that the economics of the oil change industry demand pushing customers to get their oil changed more frequently—purportedly as “cheap insurance” against problems cropping up—whether they need it or not. One of the largest oil change chains, Jiffy Lube, for instance, is owned by Pennzoil-Quaker State, and as such has an incentive to sell as much of the company's traditional petroleum-based oil as possible.

One way to reduce trips to and money spent unnecessarily on quick-lube outlets is to switch to synthetic oils, which last longer (10,000 to 15,000 miles or six months) and perform better than their traditional petroleum-based counterparts. Some synthetic motor oils, like Amsoil, NEO and Red Line, are created to last 25,000 miles or one year before needing a change.

While neither conventional nor synthetic motor oils are good for the environment if disposed of improperly or spilled, most environmentalists would opt for the latter since it lasts three or more times longer and thus reduces waste (or energy use if recycled). ☺

To learn more: www.edmunds.com; www.trustmymechanic.com.

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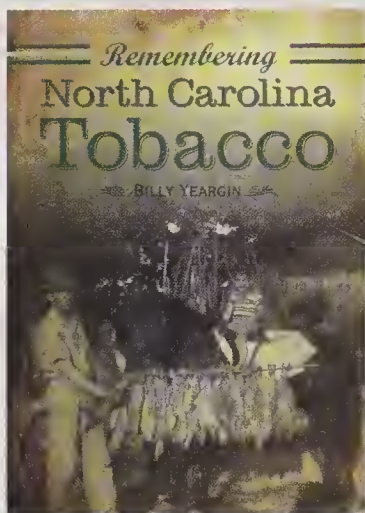
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Remembering North Carolina

TOBACCO



Two new books by historian and third-generation tobacco grower Billy Yeargin recall North Carolina's rich tobacco heritage through snapshots, residents' recollections and geographical research. In "North Carolina Tobacco: A History," Yeargin explores the influence of tobacco on the state's history, taking readers back to the days when communities were founded and built upon tobacco culture. In "Remembering North Carolina Tobacco," Yeargin and other agriculturally minded folk reminisce,

often humorously, about the frustrations of slugs and tar, the cropping of dew-drenched leaves, the love-hate relationship with farming and the ultimate connection of man with earth.

The books are \$21.99 and \$19.99, respectively, and are published by The History Press in Charleston, S.C. (866) 457-5971 or www.historypress.net. The following is an excerpted recollection by heritage author Bruce Woodard from Yeargin's "Remembering North Carolina Tobacco."

A Shocking Experience

By Bruce Woodard

One of the rewards the scaffold hands had if they worked fast handing and looping the tobacco was "catching up." That's when they finished a slide truck before another arrived from the field. Then everyone could sit down and rest a spell. Daddy tried to coordinate the work well enough to keep this from happening. He despised paying folks for sitting down. He would send word to the primers in the field to speed up because the scaffold hands were waiting for tobacco. This seemed to create a sort of contest between the two crews that always produced the results Daddy wanted.

Mary, Lila Mae and Betty were the buxom but very attractive daughters of Elm and Betsy Sawyer, sharecroppers on the Woodard farm during the 1940s. They were cute, jovial and very likable girls. They especially took pleasure in "catching up" and sitting down to rest. All three were pleasantly plump and welcomed the opportunity to take a load off their feet. Grandpa's old rocking chair sat next to the barn. At every opportunity the Sawyer girls raced to see who

could get to it first. The chair was not only comfortable, but it was also wide enough to accommodate their broad behinds. Those not fortunate enough to get the rocker had to sit on the ground, the barn doorsill, a stick of wood or the empty slide truck.

My brothers and I were envious of the fact that we never seemed to be able to sit in the rocker. That's when we came up with a plan that would break the Sawyer girls from hogging the rocker. Earlier that year we had performed major surgery on our grandpa's old, junked, hand-cranked telephone. We had taken it apart and inside we found small copper wire about the size of horsehair. Little did we realize that the old telephone would later be worth a small fortune in antique value. We saved the wire figuring that it might be useful someday.

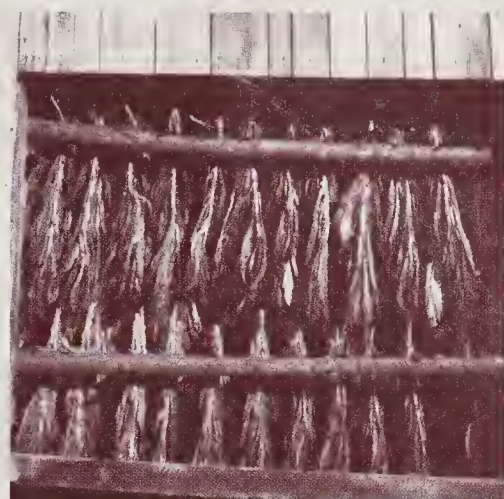
On Sunday afternoon Carl and I took the tiny wire to the barn. We wound it back and forth across the seat of the old rocking chair. Tobacco barning was to begin on Monday morning and we wanted the chair to be ready for the Sawyer girls. After wiring the rocker we hooked a larger piece of insulated wire to wire in the bottom of the chair and ran it to the battery-powered electric fence at the pasture nearby. Now we were ready! The plan was to turn on the electricity before we finished stringing the first load of tobacco. Before all the leaves of the first truck of tobacco were out, Carl slipped around the barn and hooked the wire to the electric fence. Now the chair was charged with a healthy six volts.

As expected, just as soon as the last leaves of tobacco were out of the truck the Sawyer girls

raced for the rocking chair. Mary, the oldest sister, got to the chair first and plopped down in it. When the first six-volt jolt hit her fanny she had a look of wide-eyed surprise. When the second jolt came moments later she screamed and jumped out of the chair, clearing the ground at least a foot! She ran about fifty steps toward the house in hysterics, since this had been her first introduction to electricity. By that time everyone was having a big laugh, especially me and Carl. Mary's expression changed from one of puzzlement and embarrassment to one of rage in just a few seconds. She recognized quickly that Carl and I were the villains. Using a few choice four-letter words she picked up a tobacco stick and came after us. She soon gave up the chase but promised to get us back for our prank later.

Daddy had a good laugh too, but chastised us for the disruption. We were told to disconnect the chair. But from that day on, when the scaffold help "caught up," the Woodard boys had little competition for the use of the rocking chair. After all, who knew whether it was "hooked up"? 🙄

Photographs and excerpt from "Remembering North Carolina Tobacco" are reprinted with permission from The History Press in Charleston, S.C.



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YOU KNOW YOU'RE FROM

Carolina country if...

...you *pretended to drive*
in an old, abandoned car
with your cousins as passengers.

From Wendy Stebbins, Havelock

**From Marshall McDowell, Weddington**

- ... You had a long bus ride early in the morning to the new consolidated high school.
- ... More than a few students missed your first day of school because they were pickin' cotton.
- ... After a summer of swimming your toenails were stained red from the clay pond bottom.

From Wendy Stebbins, Havelock

- ... You watched Arthur Smith, Dolly Parton and Porter Wagoner every Saturday night on black and white TV. There were only three channels to choose from.
- ... You mixed a pad of real butter with King Syrup in the middle of your breakfast plate to sop your biscuit.
- ... On a bicycle with a huge chicken wire basket, the grocery boy delivered to your back porch door.
- ... At age 8, you rode the city bus downtown by yourself for piano lessons every Saturday morning.
- ... At age 11, you woke up at 3:30 a.m. to take out a barn of cured tobacco, then ate breakfast and were back in the field working by 6.
- ... You skimmed cream off the milk jar and helped your mother make butter that you poured into molds shaped like flowers.
- ... Sitting around a huge, vinyl cloth-covered table, you and your relatives cracked crabs in potato-onion stew and talked up a storm until midnight.

From Katie Russell, Rockingham

- ... You wait all week to see the race on Sunday.
- ... Your husband loves beef tripe and Prairie Belt sausages.
- ... Your son's favorite thing to do in summer is play outside in the front yard with the water hose.

From Sabrina Jackson, Marshville native

- ... You were told to go outside and play with the tummerturds.
- ... You'd be sent to Kingdom Come if you got into trouble.
- ... You'd go to the Horse Pillow if you got sick.
- ... When giving advice, your grandma was "just tryin' to hopes ya."
- ... You were using "fine language" if you said "shoot" or "dang."
- ... Giving directions you would just "take that roeward up yonder and foller it straight on out."
- ... You had a country store account for gas and groceries.
- ... You wore knee-highs with your Sunday dress and it had a split in it.
- ... Your momma told the operator to intercept your phone call just to tell you to get off the phone.

From Brad Jones, Crab Creek

- ... In North Carolina it's called a "pond," but in Texas they know it's just a "stock tank." [For Elisha Ashworth, July 2008]
- ... You just go down yon hill to his place, and crops grow good in them bottom. [For Virginia Kinley, July 2008]

From Grace M. Ensley, Indian Trail

- ... You attached Mason jar rubbers around your shoes and skates to keep them on your feet, then you could sound like a motor running when you moved along.
- ... You played hard all day, came in after dark, dropped your shorts by the bedside, and put them back on the next morning to play hard again the next day.
- ... You walked from house to house asking for empty Coke bottles so you could get enough "deposit" at the grocery store to buy a hot dog and RC Cola for 25 cents at the local car-hop restaurant.
- ... You and your sister before leaving for school each morning carried to the pig pen a bucket of slop suspended from a stick. You would swing it around and around the stick so fast that centrifugal force kept the slop in the bucket.

From Keith Honeycutt, Concord

- ... Your dog looked at the TV show "Rin Tin Tin" through the front porch screen door.
- ... You sat on the front porch and counted train cars going by.
- ... Your grandma told you to take your grandpa a jar of ice water so you could ride on the tractor with him.
- ... Your dad bought an old truck so your brother, sister and you could ride in it to meet the school bus.
- ... You put rocks in the creek to make a deep swimming hole so the snakes had somewhere to swim.

From Sheila Johnston, formerly of Wilkes County

- ... You grew up three dirt roads from the nearest highway, but now there's only one.

From Rita McCormick, Fayetteville

- ... Your grandmother boiled green pine straw for you to drink for your bad cold. You called it "pine top tea" and added sugar.
- ... After you picked blackberries or blueberries, your mother washed and cooked them for supper with homemade biscuits and country ham. Your lips and tongue turned blue.
- ... Your grandmother and great-grandmother would give money to newborn babies to keep the mice away from them.
- ... Your great-grandmother would rub her legs with green alcohol, a.k.a. wintergreen alcohol.
- ... You and your brother walked through the woods with a gunny sack to fill with pine cones for the wood stove. ☺

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La Mer™4	NO	NO	NO
Hydroxatone®	YES	YES	YES

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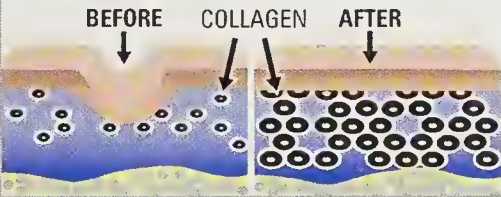
Results not typical

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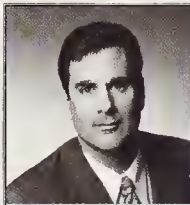
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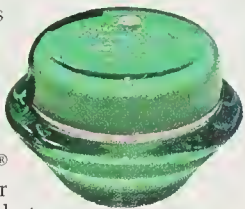


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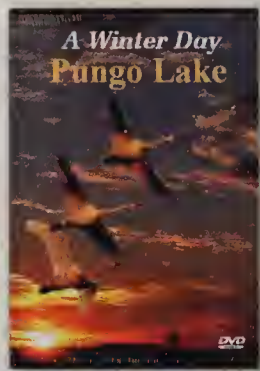
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Pungo Lake wildlife video

If you are tired of the summer's heat, you can cool off with the new video, "A Winter Day—Pungo Lake." Every winter, tundra swans and snow geese return to Pungo Lake. You can also see songbirds, wading birds and mammals. The 50-minute video follows wildlife at the lake, located in Pocosin Lakes National Wildlife Refuge. There are no humans in the production—just wildlife, natural sounds and a music score to complement visuals. Blake and Emily Scott of STRS Productions of Washington, N.C., produced the video, which has won seven international film awards. They also produced one on Lake Mattamuskeet. Both videos are part of Mattamuskeet Foundation's "Winter Day" video series. The non-profit Mattamuskeet Foundation's mission is to engage in research and educational activities to preserve, publish and otherwise tell the stories of the rich history and ecology of Lake Mattamuskeet and surrounding areas. Sponsors for the Pungo Lake video include Tideland EMC, Edgecombe-Martin County EMC, and North Carolina EMC. The video sells for \$24.95.



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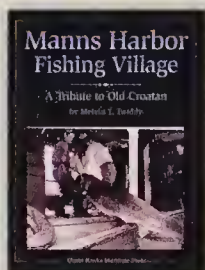
on the bookshelf

"Manns Harbor Fishing Village"

This expansive account of Manns Harbor, formerly named Croatan, relates its history, customs and community traditions through stories and more than 200 historic and contemporary photographs of the village and surrounding areas. Author and long-time resident Melvin Twiddy covers a wide range of topics. Chapters include "First Families," "The Early 1900s," "Moonshine Days," "Recreation," "1932," "Carl Mann's Sawmill," "Years of the Carp," "Hurricane Hazel," "The 1970s" and "The New Postmasters." A commercial fisherman for more than 60 years, Twiddy provides particular insight into the village's fishing and crabbing industries. Although the author's book is based on historical facts from newspaper stories, family records and other public sources, it is interspersed with colorful tales. "Manns Harbor Fishing Village: A Tribute to Old Croatan" is published by Outer Banks Maritime Press. Hardcover, 233 pages, \$44.95.

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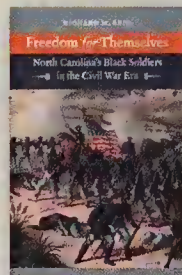


Black soldiers in the Civil War

More than 5,000 North Carolina slaves escaped from their white owners to serve in the Union army during the Civil War. In "Freedom for Themselves: North Carolina's Black Soldiers in the Civil War Era," historian Richard Reid explores the stories of black soldiers from four regiments raised in North Carolina. Reid examines the processes by which black men enlisted and were trained, each regiment's history, the lives of the soldiers' families and postwar experiences of the veterans and their families living in an ex-Confederate state. Constructing a multidimensional portrait of the soldiers and their families through text, illustrations and maps, he provides a new understanding of the spectrum of black experience during and after the war. Published by The University of North Carolina Press in Chapel Hill. Hardcover, 420 pages, \$40.

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"Richard's Key"

It's summertime, 1940, and for one North Carolina family, life will never be the same. Six children, all under the age of 16, lose their father, their home and their childhood and find themselves living at the Barium Springs Orphanage. The novel's story is seen through the eyes of two brothers, a realist, age 11, and an idealist, age 7. What seems like tragedy is ultimately a triumph. Author Sandi Huddleston-Edwards lives in Huntersville. Published by Central Piedmont Community College Press (CPCC Press) in Charlotte. Softcover, 211 pages, \$14.99.

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early to rise*

*may make a man both
wealthy and wise.*

*With "healthy," I can't
come to terms*

*—It's known that early
birds get worms.*

—cgj

DETECTION

L	I	V	I	N	G
9	9	9	9	9	9
8	8	8	8	8	X
7	7	7	7	7	X
6	6	6	6	6	6
5	5	5	5	5	5
4	4	4	4	4	4
3	3	3	3	3	X
X	2	2	2	2	X
X	1	1	1	1	1
X	0	0	0	0	0

Each letter in LIVING stands for a digit. Given these simultaneous equations can you find the values?

$$(L)^2 = VING \quad I - L = G \quad I - N = V \quad L - G = V$$

Use the grid to eliminate impossibilities. No number less than 32 has a four-digit square. Therefore L is greater than 2. No square ends in 3, 7, or 8. Therefore G is not 2, 3, 7, or 8.

DOUBLED OR NOTHING

Some cause happiness

4	8	3	2
T		E	Y

Others,

4	8	3	2
T		E	Y

—Oscar Wilde

Double the numbers below and write your answers in the box tops (one digit to each box). Then match boxes to find six hidden words.

4	9	1	5	1	7	6	5
T	W	G	V	G	N	O	V

2	4	1	6
Y	T	G	O

0	8
R	H

4	9	1	8	6	7	6	5
T	W	G	H	O	N	O	V

2	4	1	6
Y	T	G	O

0	8
R	H



C	5	T	5	O	L	N	O	T	C	U	O	A	I
---	---	---	---	---	---	---	---	---	---	---	---	---	---

X C

5													
M	U	L	T	I	P	L	I	C	A	T	I	O	N

Each letter stands for a digit in this multiplication problem. Given M=5, can you replace the missing digits to find the value of MULTIPLICATION?

For answers, please see page 34



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40 X 80.....	CALL

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Digit Detection
L I V I N G = 2 7 9 1 2
Doubled or Nothing
9 8 3 0 3 5 3 0 4 8 3 2 1 6
M H E R E V E R T H E Y G O
9 8 3 7 3 5 3 0 4 8 3 2 1 6
M H E N E V E R T H E Y G O

Dominoes
5 0 3 1 8 7 3 8 2 4 1 8 9 6
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(To see how we solved this, go to www.carolinacountry.com and look in Current Issue/Departments.)

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Thank you!"...Leanne M., Tennessee

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6

Crush and Shag Festival (The Embers)

Hinnant Family Vineyards,
Pine Level
(919) 965-3350
www.johnstoncountync.org

Ralph Stanley & The Clinch Mountain Boys

Spindale
(828) 286-9990
www.foundationshows.org

Bernin' Down the House

Battle of Corporate Bands
New Bern
(252) 637-3111

Jarman Opry Theater

Gospel, bluegrass show
New Bern
(252) 675-7447

Indian Summer Festival

Hertford
(252) 426-1425
www.historichertford.org

Charlotte Farmers Market

(704) 873-3361

Cypress Lakes International Golf

Sept. 6–7, Hope Mills
(910) 483-0359

Library Book Sale

Sept. 6–7, Hendersonville
(828) 692-0028

Tweetsie RailFan Weekend

Sept. 6–7, Blowing Rock
(800) 526-5740

La Fiesta del Pueblo

State Fairgrounds, Raleigh
Sept. 6–7
(919) 835-1525

Chamber Music

Sept. 6, 7, 11, 13
New Bern
(252) 626-5419
www.carolinachambermusic.org

American Music Jubilee

Sept. 6, 13, 18, 20, 27
Selma
(919) 202-9927
www.johnstoncountync.org

4

Hickory Nut Gorge Olympiad

Sept. 4–7, Lake Lure
(828) 429-9011
www.hickorynutolympiad.com

5

Haunted Evening Drama

Attmore-Oliver house, New Bern
(252) 638-8558
www.newbernhistorical.org

Antique Tractor & Engine Show

Sept. 5–6, Justice
(919) 496-4605

Country Tonight music shows

Sept. 5, 12, 19, 26, Selma
(252) 237-6199
www.johnstoncountync.org

Historical Plays

Greensboro Historical Museum
Sept. 5–7, 12–14; Greensboro
(336) 373-2043

"Doctor Faustus"

Montford Park Players
Sept. 5–28, Asheville
(828) 254-5146
www.montfordparkplayers.org

The Original String Artist

Through Oct. 1, Hertford
(252) 426-3041

www.perquimansarts.org

"Knights of the Black Flag"

Through Oct. 26, Beaufort
(252) 728-7317

www.ncmaritimemuseum.org

"Our Story"

Through December, Elizabeth City
(252) 335-1453

www.museumofthealbemarle.com

Farmers Market

Saturdays through Sept. 27

Kings Mountain

(704) 730-0283

www.foothillsfarmersmarket.com

1

Auto & Motorcycle Classic

Matthews

(704) 847-3649

www.matthewschamber.com

Stanly-Spaight

Duel Reenactment

19th century political rivals

New Bern

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www.tryonpalace.org

ONGOING

OSS: The Office of Strategic Services

Explains origins of the OSS
Through Sept. 1, Fayetteville
(910) 643-2766
www.asomf.org

"The Producers"

Musical about Broadway
Sept. 5–21, Hickory
(828) 327-3855
www.hct.org

"A Sense of Place"

Materials used in
contemporary installation art
Sept. 13–Nov. 2, Fayetteville
(910) 485-5121
www.fayettevillemuseumart.org

Aw Shucks! Corn Maze and Pumpkin Patch

Sept. 13–Nov. 23, Monroe
(704) 221-0350
www.awshuckscornmaze.com

Farmers Market

Saturdays through Sept. 27

Kings Mountain

(704) 730-0283

www.foothillsfarmersmarket.com

9

Colfax Free Fair

Sept. 9–13, Ellenboro
828-453-7414

Hands On!

Children's museum
Sept. 9–13, Hendersonville
(828) 697-8333
www.handsnwnnc.org

10

"Unnecessary Farce" comedy

Two cops operating a sting operation
Sept. 10–28, Flat Rock
(828) 693-0731
www.flatrockplayhouse.org

11

Super Ball Golf Tournament

Kenly, (919) 284-5510
www.johnstoncountync.org

12

Artwalk

New Bern
(252) 638-2577
www.carolinacreations.com

Greek Festival

Sept. 12–14, Fayetteville
(910) 484-2010
www.stsch.nc.goarch.org

"The Miracle Worker"

Sept. 12–14, 19–20; Smithfield
(919) 934-1873
www.johnstoncountync.org

13

Hot Sauce Contest

Oxford
(866) 693-1217
www.nchotsaucecontewst.com

Turkey Festival Parade

Raeford
(910) 904-2424
www.ncturkeyfestival.org

Second Saturday Street Fair

Tarboro
(252) 823-0918
www.gotarboro.com

Whelen All-American Series

NASCAR Weekly Racing
Kenly
(919) 284-1114
www.johnstoncountync.org

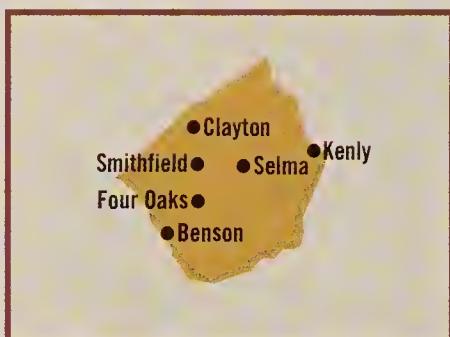
Oktoberfest

Selma
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www.johnstoncountync.org

Highland Games Festival

Andrews
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The Howell Woods Environmental Learning Center in Four Oaks offers nearly 25 miles of unpaved roads and trails and a bird-feeding demonstration area.

One of the fastest growing regions in the state, Johnston ranks first in the number of operating farms. The result is an intriguing mix of old-fashioned rural heritage and contemporary growth. Antique lovers enjoy browsing the numerous destination shops in Selma and Smithfield, while more than 80 stores at Carolina Premium Outlets, also off I-95, beckon those pursuing name-brand apparel. Selma also offers American Music Jubilee, a Branson-style production at the Rudy Theatre with musical fare ranging from '50s rock 'n' roll to classic and contemporary country and gospel. Fast-growing Clayton has a pleasant downtown and Clemmons Educational State Forest, where kids can press buttons to hear trees talk. There's also the Howell Woods Environmental Learning Center in Four Oaks, which offers nearly 25 miles of unpaved roads and trails and a birdfeeding demonstration area in its forests and swamps. Mark your calendar for Benson's colorful, family-friendly Mule Days festival Sept. 25–28. It features rodeos, mule-pulling contests and clogging.

Three top spots:

Bentonville Battlefield State Historic Site: The Battle of Bentonville was the largest Civil War battle on North Carolina soil. At this 6,000-acre site in Four Oaks, you can walk fields on which 80,000 Union and Confederate soldiers fought and tour the nearby museum, cemetery and Harper House, a quaint, two-story farm home converted into a makeshift clinic for soldiers. Demonstrations of Civil War artillery are held throughout the year. Free. (910) 594-0789 or www.nchistoricsites.org

Ava Gardner Museum: Born near Smithfield, the tempestuous screen legend is fondly remembered through original scripts, photographs, oil portraits, magazine covers, costumes and her personal effects. Visitors learn about her rise from a local country girl to one of Hollywood's top film goddesses. Admission. The museum in Smithfield hosts its annual Ava Gardner Fest, featuring special exhibits, crafts and films, on Sept. 24–27. (919) 934-5830 or www.avagardner.org

Tobacco Farm Life Museum: This large, unique museum off Interstate 95 in Kenly includes a hands-on children's exhibit, along with displays of household goods, musical instruments, clothing, agricultural tools, 1930s tobacco advertising and Depression Era medical and dental tools. You can also tour a restored farmstead, with main house, detached kitchen, smoke house, tobacco barn and pack house. Admission. (919) 284-3431 or www.tobaccofarmlifemuseum.org

Learn of other nearby adventures and events:

(800) 441-7829
www.johnstoncountync.org

Ladies of Country Music

Jonathan's of Matthews
Charlotte
(704) 545-6618

Artist Studio Tours

Sept. 13–14, 20–21
Wake Forest
(919) 556-1938
www.artistsstudiotour.homestead.com

Art in the Park

Blowing Rock
(828) 295-7851

Juried Arts & Crafts

Wallace Train Depot
Sept. 13, Wallace
www.longleafguild.org

14**Concert in the Park**

Hayes Graduate String Quartet
Blowing Rock
(828) 295-7851

17**Harvest Festival**

Sept. 17–21, Clayton
(919) 553-6352
www.johnstoncountync.org

18**Battle of the Bands**

Clayton
(919) 553-1545
www.johnstoncountync.org

Cumberland County Fair

Sept. 18–28, Fayetteville
(910) 438-4140
www.cumberlandcountyfair.org

19**Music in the Streets**

Wilmington
(252) 946-2504

Waterfall Crafters Craft Sale

Sept. 19–20, Brevard
(828) 877-3065

Antique and Artisan Show

Sept. 19–20, Spindale
(828) 286-3466
www.townofspindalenc.com

Quilting in the Pines III

Sept. 19–20, Pinehurst
(910) 295-4017
www.sandhillquiltersguild.org

Antiques, Artisan Show

Sept. 19–20, Spindale
(828) 286-3466
www.townofspindalenc.com

20**Scary Stories Around Campfire**

Hendersonville
(828) 891-6585
www.historicjohnsonfarm.org

Day at the Docks

Chowder cook-off, boat display,
children activities
Hatteras
(252) 986-2515

Craft Show, Bake Sale

Kernersville
(336) 993-7097

Peanut Festival

Dublin
(910) 578-5904
www.dublinpeanutfestival.com

Baby Fair

Spindale
(828) 286-5065

A Day on the River

Moth Boat Regatta
Albemarle
(252) 335-1453
www.museumofthealbemarle.com

21**Guided Bird Walk**

Chimney Rock Park
800-277-9611
www.chimneyrockpark.com

23**Regional Fair**

Sept. 23–27
Edenton
(252) 482-4057
www.chowanfair.com

24**Ava Gardner Film Festival**

Sept. 24–27, Smithfield
(919) 934-5830
www.avagardner.org

25**Mule Days**

Sept. 25–28, Benson
(919) 894-3825
www.johnstoncountync.org

"Blood Brothers" musical

Sept. 25–Oct. 11, Greensboro
(336) 292-2285

26**Anson Ag Expo & Fair**

Sept. 26–27, Wadesboro
(704) 694-2915

International Dog Show

Fayetteville
(910) 672-1381
www.wfss.org

Trappers Rendezvous

Trapping demos, auction,
story telling, kids games
Sept. 26–27, Smithfield
(919) 801-2562
www.johnstoncountync.org

Antiques Festival

Sept. 26–27, Liberty
(336) 622-3040
www.libertyantiquesfestival.com

International Folk Festival

Sept. 26–28, Fayetteville
(910) 323-1776
www.theartscouncil.com

History Days

Sept. 26–28, Tarboro
(252) 823-4159
www.edgecombearts.org

Mint Hill Madness

Sept. 26–28, Mint Hill
(704) 573-8282
www.minthillchamberofcommerce.com

Sunnyside Open Horse Show

Sept. 26–28, Williamston
(252) 799-0334
www.eastcoasthorses.com

Celebration of Arts

Sept. 26–Oct. 1, Spindale
(828) 245-1492
www.rcvag.com

27**Gentlemen of Country Music**

Jonathan's of Matthews
Charlotte
(704) 545-6618

Family Fun & Fitness Day

Gatesville
(252) 357-1380

Art Walk

Quilters, painters, potters, crafters
Ocracoke
(252) 928-3401

Faith Festival

Christian rock concert, Smithfield
(919) 934-0887
www.johnstoncountync.org

Fall Festival

Ebony, Va.
(434) 636-5101

Celebration of the Arts

Hiddenite
(828) 632-6966

Fall Festival

Car show, crafts, bake-off,
children activities
Youngsville
(919) 556-4026
www.youngsvillefallfestival.com

NCPPG Pottery Show

Albemarle
(704) 983-4278
www.fallingriversgallery.com

Jazz on the River

Fayetteville
(910) 672-1381
www.wfss.org

Pamlico Heritage Day

Grantsboro
(252) 745-2239
www.pamlicohistory.com

Quilters' Guild Show

Sept. 27–28, Washington
(252) 329-7089

Military Antiques Show

Sept. 27–28, Raleigh
(704) 282-1339
www.thecarolinatrader.com

Coin Show

Sept. 27–28, Morehead City
(252) 725-1214

ArtFest

Fine art, Master craft show
Sept. 27–28, Matthews
(704) 847-3649
www.matthewschamber.com

Cupola House Anniversary

Sept. 27–Oct. 4, Edenton
(252) 482-0283
www.cupolahouse.org

28**Lizzie Lane's Colonial Tea**

Learn crumpet etiquette
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(919) 833-3431

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For Dec.: Oct. 24

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Hammock reads

Some books in a gardener's library remain irresistible. These are a few of my dog-eared favorites. Robin Chotzinoff's "People with Dirty Hands" (1996) is full of real-life colorful characters I never tire of. During her travels throughout the country, Chotzinoff rubs elbows with "rose rustlers" who scour old cemeteries and abandoned homesteads looking for lost varieties of hardy roses. She meets a fellow who guarded, with the aid of his shotgun, a 6-plus-pound tomato in his garden, in the hopes it'd grow to prizewinning proportion. She introduces us to passionate formal and informal gardeners, city gardeners and country gardeners, some with book learning and others with family secrets.

In "Despicable Species" (1999), writer Janet Lembke describes the lives, lore and natural history of hornworms, sandspurs, kudzu, deerflies and other plants and animals we love to hate. Lively, poetic, historical and informative, this book appeals to the true nature lover (and hater).

Ever wondered why rain has a smell? If scarecrows really work? Or why people don't put oak syrup on their pancakes? You'll find the answers to these and other quirky questions in "Why Moths Hate Thomas Edison and Other Urgent Inquiries into the Odd Nature of Nature" (2001), the best of Outside magazine's The Wild File. A sequel, "Real Mosquitoes Don't Eat Meat" (2005), picks up the trail again.

What gardening and natural history books keep you coming back for seconds, and why? E-mail me at ncgardenshare@mindspring.com.



To preserve flavor, nutrients, color and texture, blanch garden vegetables before freezing. Blanching involves scalding the produce by boiling or steaming. To blanch small ears of corn, boil them for seven minutes.

Hort Shorts

- ▶ Fall is the time to plant daffodils for spring bloom. For a prolonged season of color, select several different varieties including early, mid-season and late bloomers. If you buy bulbs off the shelves, check the labels for this information. Mail-order catalogs usually list the bloom time too. When in doubt, check the American Daffodil Society's database of varieties at www.daffodilusa.org/daffseek.html. DaffSeek includes 8,500 photographs of various daffodil varieties.
- ▶ To preserve your garden bounty in the freezer, blanch the vegetables before packing and sealing. Blanching involves scalding the produce by boiling or steaming. This process prevents loss of flavor, nutrients, color and texture. Blanching time varies according to the type of vegetable. The National Center for Home Food Preservation offers complete instructions at www.uga.edu/nchfp/how/freeze/blanching.html.
- ▶ Plant grape hyacinth (*Muscari*) bulbs as "markers" near newly planted tulips and daffodil bulbs. Grape hyacinths produce foliage in the fall, so they will remind you where you planted bulbs that don't sprout leaves until spring.
- ▶ Now is a good time to decide what new shrubs and trees to plant this fall and winter. Before selecting trees and shrubs, learn the average height and spread at maturity and site them accordingly. This will save years of pruning and the tendency to butcher them when they encroach on streets, driveways, houses and utility lines.
- ▶ Take photos of damaged or diseased plants if you're unsure of the cause. You can share these with a local Extension agent or fellow gardener as well as compare them to photos in reference books. Photos in digital format can be mailed to the appropriate source for diagnosis. Applying a pesticide or herbicide without knowing what you're treating can be ineffective, expensive and harmful to beneficial insects and other plants growing nearby.
- ▶ Your growing zone, i.e. Zone 7, is based on the USDA's Plant Hardiness Zone Map. Gardeners use it to determine what plants are likely to survive the winter in a given region. But heat is also a factor in how plants fare in gardens. To help round out the picture, the American Horticultural Society created the Plant Heat-Zone Map, available for free download at www.ahs.org/pdfs/05_heat_map.pdf.
- ▶ Some species of invasive exotic plants may wreak havoc not only in your garden, but beyond its borders. The North Carolina Botanical Garden recommends a number of species to avoid. The list is updated as new information becomes available. Find it at <http://ncbg.unc.edu/pages/74>. 📖



Carla Burgess can be reached at ncgardenshare@mindspring.com.

For more gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com.

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UPS systems back up “smart house” controls

“Smart house” controls run by a personal computer are becoming more commonplace in homes, and they can significantly reduce energy usage. By controlling the timing and operation of the heating and cooling systems, ventilation, lights and some appliances, even a house of typical efficient construction can operate on less energy overall.

With an older house, installing smart controls may be more cost-effective than trying to improve the energy efficiency of the building envelope. For example, trying to add insulation to old solid masonry walls can be an expensive project. If the older house is on a historic register, you may be limited as to the external improvements you can make to it.

There are many different levels of sophistication for smart-house controls, and not all of them require a personal computer or central electronic brain to operate. One of the simplest smart home controls uses new Z-wave technology to control the timing of lighting or appliances in a house. The main control unit runs on just four AA batteries. Keep in mind, if you use compact fluorescent bulbs many types of electronic timers and controls do not work properly.

It can take only a very short-duration power outage to cause a personal computer or other electronic control system to lose its settings, possibly requiring reprogramming. If the electric power flutters on and off quickly while the computer hard drive is accessing data, the files can become corrupt or, even worse, the hard drive can be damaged. Older-design hard drives are more susceptible to damage from a power outage.

It would be wise to install a UPS (uninterruptible power supply) at each of your electronic devices that are sensitive to power outages or low-voltage conditions. If the utility power goes off during a storm or accident, the UPS kicks in almost instantaneously to keep the electronic device, usually a computer, running without a glitch. If the beeper alarm did not alert you, you would not even notice the power had gone off.

If you installed a standard large standby backup generator with an automatic transfer switch, this will not save your data or your computer. The automatic transfer switch, which starts the generator and disconnects your house from the utility grid, has a delay period until it starts and restores electric power. This delay is too long to keep the computer running and files opened.

A UPS system uses a powerful rechargeable battery pack. These are usually lead-acid batteries of a deep cycle design so they can handle repeated discharging. When plugged into the UPS, the computer continues to run on the 120-volt



A 1,500-volt-amp UPS system (at left) is placed under a printer stand so it can be connected by a control cable and power cords.

house power until there is a power outage or significant voltage drop. Instantaneously, power from the batteries kicks in. The amount of electricity used to keep the batteries charged is very small, even for large, powerful UPS units.

When selecting a UPS for your computer or control system, size it properly for efficiency and lower initial cost. The two factors to consider are the maximum power it must provide and for how long. A UPS includes an inverter that converts the low-voltage direct-current battery power to 120-volt alternating-current house power. If your computer or smart house control draws more power than the inverter is designed to provide, it may overheat and shut off to protect itself. Then there is no electric power again until it cools and you reset it.

The maximum power of a UPS is indicated by its VA (volt-amp) rating. Most electronic equipment lists its VA requirement on the nameplate or packaging. Sum the VAs for all the items to be plugged into the UPS. A VA rating for a device is slightly different from just multiplying its rated voltage times its amperage, so don't try to calculate it yourself. I recommend selecting a UPS with about 20 percent more VA capacity than you need.

The UPS should contain cables and computer software that close computer files and safely shut down the computer when the power goes off. This should take less than five minutes, so the UPS does not have to keep the computer running for long. For longer run times, add additional batteries or purchase a larger unit.

Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit www.dulley.com.

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

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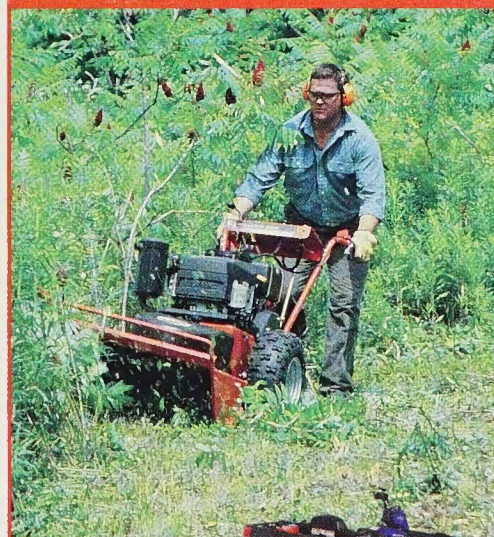
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Chicken Club Brunch Ring

- ½ cup fat-free mayonnaise
- 1 tablespoon minced fresh parsley
- 2 teaspoons Dijon mustard
- 1½ teaspoons finely chopped onion
- 1¾ cups cubed cooked chicken breast (½ inch cubes)
- 2 bacon strips, cooked and crumbled
- 1 cup (4 ounces) reduced-fat shredded Swiss cheese, divided
- 2 tubes (8 ounces each) refrigerated reduced-fat crescent rolls
- 2 plum tomatoes
- 2 cups shredded lettuce

In a large bowl, combine the mayonnaise, parsley, mustard and onion. Stir in the chicken, bacon and ¾ cup cheese.

Unroll crescent dough; separate into 16 triangles. Arrange on an ungreased 12-inch round pizza pan, forming a ring with pointed ends facing outer edge of pan and wide ends overlapping. Spoon chicken mixture over wide ends; fold points over filling and tuck wide ends (filling will be visible). Chop half of a tomato; set aside. Slice remaining tomatoes; place over filling and tuck into dough.

Bake at 375 degrees for 20–25 minutes or until golden brown. Sprinkle with remaining cheese. Let stand for 5 minutes. Place lettuce in center of ring; sprinkle with chopped tomato.



Seasoned Potato Wedges

- ⅓ cup all purpose flour
- ⅓ cup grated Parmesan cheese
- 1 teaspoon paprika
- 3 large baking potatoes (about 2¾ pounds)
- ⅓ cup milk
- ¼ cup butter, divided

Sour Cream Dip

- 2 cups (16 ounces) sour cream
- 8 bacon strips, cooked and crumbled
- 2 tablespoons snipped chives
- ½ teaspoon garlic powder

In a large resealable plastic bag, combine the flour, Parmesan cheese and paprika. Cut each potato into eight wedges; dip in milk. Place in the bag, a few at a time, and shake to coat.

Place in a greased 15-by-10-by-1-inch baking pan. Drizzle with 2 tablespoons butter. Bake, uncovered, at 400 degrees for 20 minutes. Turn wedges; drizzle with remaining butter. Bake 20–25 minutes longer or until potatoes are tender and golden brown.

In a large bowl, combine dip ingredients. Serve with warm potato wedges.

Yield: 6–8 servings

Winning reader recipe

Homemade Pimento Cheese

- 1 package (3 ounce) cream cheese
- 1 cup sharp cheddar cheese, grated
- 1 cup Monterey Jack cheese, grated
- ½ cup mayonnaise
- 3 tablespoons pimentos, smash with a fork
- Dash salt
- Dash Texas Pete
- Dash cayenne pepper
- Dash Worcestershire sauce

Add pressed pimentos to grated cheese. Mix in cream cheese. Add salt, Texas Pete, Worcestershire and cayenne pepper. Add mayonnaise and stir. If mixture is too stiff more mayonnaise can be added.

Put in airtight container and refrigerate. Best to let “set” over night (in refrigerator) before serving.

This is a really good pimento cheese. If you find any in the store as good as this, let me know. I’ll start shopping there.

Mr. Harold Roberts, Jr. of Salisbury, N.C. will receive \$25 for submitting this recipe.

Send Us Your Recipes

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